



# EMPLOYEE WELLNESS



Florida Department of Health in Broward County

April 2019

{ APRIL is NATIONAL MINORITY HEALTH MONTH }

An inclusive initiative that addresses the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities. Its goal is to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications. ■



Active & Healthy | April 2019



National Minority Health Month begins on April 1, 2019, The Office of Minority Health (OMH) mission is to improve the health of racial and ethnic populations. The theme, Active & Healthy, highlights the health benefits from even small amounts of moderate-to-vigorous physical activity throughout the day. Every move counts! And physical activity promotes health and reduces the risk of chronic diseases and other conditions that are more common or severe among racial and ethnic minority groups.

**Minority Health Determines the Health of the Nation** – The United States has become increasingly diverse in the last century. According to the 2010 U.S. Census, approximately 36 percent of the population belongs to a racial or ethnic minority group. Though health indicators such as life expectancy and infant mortality have improved for most Americans, some minorities experience a disproportionate burden of preventable disease, death, and disability compared with non-minorities. In the United States, members of ethnic and racial minorities, especially African-Americans, have higher rates of death from heart attacks, strokes, heart failure and kidney failure than the majority white population. They also have higher rates of death from various cancers, as well as higher rates of infant mortality and deaths from homicide, suicide, and accidents.

**What's the solution?** Reducing the impact of risk factors on premature death from cardiovascular disease among Latinos and African-Americans will require a combination of approaches. For African-Americans, it will require attempts to improve control of blood pressure, to bring about smoking cessation, and to hinder the rapid increase in obesity and diabetes by bringing about dietary change and increasing physical activity. Among Latinos, it will require increased outreach and education across language and cultural barriers to change the lifestyles that contribute to obesity and diabetes, and to ensure adequate care to control blood sugar and blood pressure levels.



Source: U.S. Department of Health and Human Services and Boston Scientific

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# APRIL IS DISTRACTED DRIVING

AWARENESS MONTH

Anything that takes your attention away from driving can cause an accident.



Texting



Using a cell phone



Watching videos



Reading



Grooming & makeup

**3,477** people were killed in motor vehicle crashes involving distracted drivers in 2015.

**Distracted driving is deadly.**

es. This is a decrease of less than 1% from 3,477 deaths in 2015. About 391,000 additional people were injured in distraction-affected crashes in 2015, down from 431,000 in 2014. According to the state department of Highway Safety and Motor Vehicles, there were almost 50,000 crashes involving distracted driving in Florida, in 2016, which is more than five crashes every hour.

Source: National Highway Traffic Safety Administration, Florida Department of Transportation, and Sun Sentinel



# April is Alcohol Awareness Month



According to the National Institute on Alcohol Abuse and Alcoholism, an estimated **88,000 people die from alcohol-related causes annually**

In 2010, alcohol misuse cost the United States **\$249.0 billion**



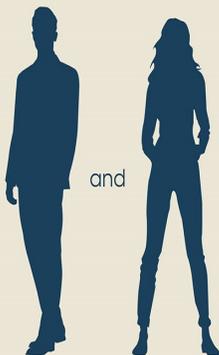
Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion. Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations.

We can all take steps to help prevent alcohol misuse or abuse:

- Encourage friends or family members to make small changes, like keeping track of their drinking and setting drinking limits.
- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

Source: U.S. Department of Health and Human Services and National Institutes of Health

Approximately



**62,000 men** and **26,000 women** die from alcohol-related causes annually

**Alcohol is the third leading preventable cause of death in the U.S.**

The first is tobacco and the second is poor diet and physical inactivity.



Moderate alcohol consumption, according to the 2015-2020 Dietary Guidelines for Americans,



is up to **1 drink per day for women**



and up to **2 drinks per day for men**

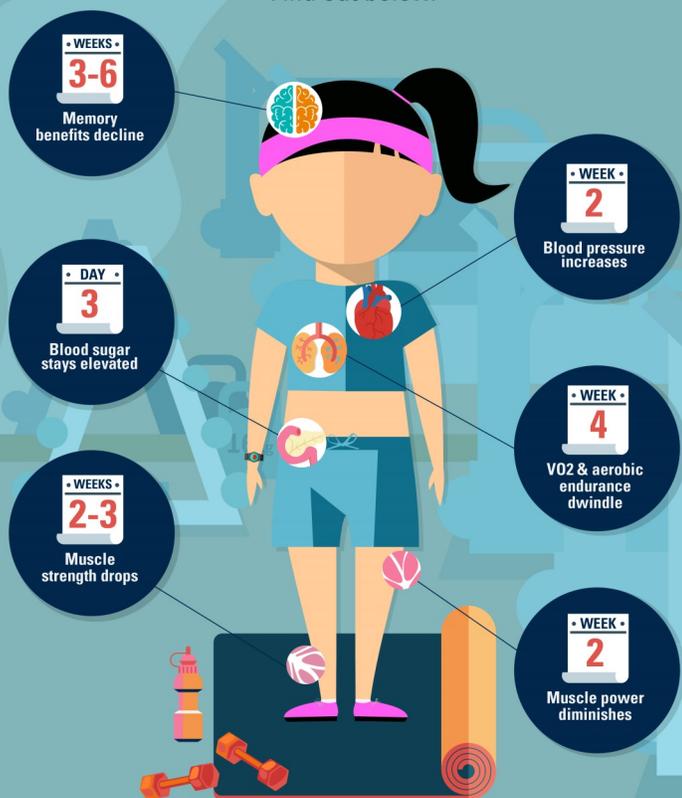


In 2009, alcohol-related liver disease was the primary cause of **almost 1 in 3 liver transplants** in the United States



# What Happens to Your Body When You Stop Exercising?

How many days away from the gym does it take to lose your strength, running fitness and more? Find out below.



Miss a workout? No big deal. But two weeks away from the gym can mean declines in strength, stamina and health. Even for the fittest among us, a few weeks away from training can result in rapid declines in strength, aerobic capacity and the biomarkers, such as blood pressure, that indicate a healthy body.

Strength preservation and daily physical activity in adolescence, midlife and older adulthood are powerful protective factors for maintaining cardiovascular health and functional mobility, reducing injury and extending life expectancy.

Go gym-free. Resistance exercise can take place without access to a gym. Simply use your body weight for moves such as body weight squats, push-ups, planks, pull-ups (or inverted rows), lunges, stair climbing or even playing on a jungle gym.

Get outdoors. Regular participation in exercise and recreation outdoors can reduce stress and depressive symptoms, improve mood and enhance cognitive health.

When it comes to exercise, consistency is key!

Source: Michigan Health

Please consult your healthcare provider before starting on any diet or exercise program.

## 5K, Here I Come!

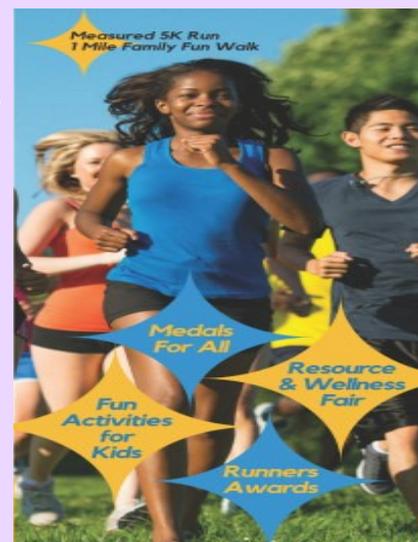
Even if running a mile sounds intimidating, you can still successfully complete a 5K. Running and walking may even put you on the fast track to feeling better. Once you hit the pavement, don't push yourself too hard. Start slowly, and don't burn yourself out. The key is to finish every workout feeling challenged, but not exhausted or in pain.

Tell your family, friends and co-workers to sign up for the 2nd Annual Healthy Broward Run and Walk on Saturday, April 6, 2019 at Delevoe Park in Fort Lauderdale. Visit [www.healthybrowardrun.org](http://www.healthybrowardrun.org) to register and get more info.

Here are some tips before running a 5k:

- The more you invest in a proper warmup, the more easily your body will be able to push when the gun goes off.
- Pre-race jitters tend to strike the night before the race, interrupting your sleep. Prepare by getting 2 nights of quality sleep before the race.
- Keep it light: Two days out from the race, take it easy and get some rest. The day before the race, do a short (20-minute) run to sharpen your legs.
- Fill the tank: On race morning, be sure to eat the breakfast you've practiced in training and not try anything new. Eat something high in energy and easily digestible such as oatmeal with dried fruit, sports bar, or bagel with peanut butter. Be sure to hydrate!
- Get there early: There is a lot to be done on race morning including parking, waiting in line, registering, using the restroom, and warming up.

Source: Everyday Health and [www.active.com](http://www.active.com)





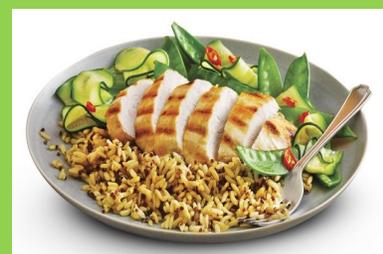
Eat This	Not That	Why
<b>1</b> Whole grains (whole wheat bread, etc.)	Enriched flour (white bread, pastries, check food labels to make sure enriched flour is not listed among the ingredients)	Whole grains are excellent sources of dietary fiber, which have been shown to improve elevated blood cholesterol levels and reduce the risk of heart disease and stroke.
<b>2</b> Water or Unsweetened Ice tea	Sugary soda or juice	Excess sugar is very bad for you. Increased glucose can lead to diabetes.
<b>3</b> Almonds and walnuts	Chips and other salty snacks	Almonds are magnesium and antioxidant rich, which helps you maintain healthy blood pressure, LDL and blood sugar levels.
<b>4</b> Chicken, white fish and salmon	Red meats or fatty meats, such as bacon	Lean meats reduce your bad fat intake and fish will provide heart-friendly omega 3.
<b>5</b> Fresh fruits and vegetables	Sugary juices, fruit-flavored desserts and canned vegetables	Fresh fruits (particularly strawberries and raspberries) are rich in antioxidants and high in fiber, while fresh veggies (especially leafy greens) contain less sodium and more heart-healthy nutrients than canned.
<b>6</b> Low-fat or fat-free milk, cheese and yogurt	Whole milk, fatty cheeses and ice cream	Too much high-fat dairy can lead to increased weight and risk of heart disease.

**BONUS TIPS**

1. Every meal, fill half of your plate with healthy fresh fruits and vegetables. You will have less space for unhealthy foods, and you will be more likely to get the nutrients you need.
2. Craving a pizza? Experiment with your own homemade healthy pies:
  - Use a thin, whole-wheat crust. This healthy option is becoming more and more popular in restaurants and grocery stores, and even if you don't like whole wheat breads, the switch is barely noticeable after the crust is crispy.
  - Add vegetables to your pizza (peppers, mushrooms, spinach). If you're feeling adventurous, increase your options by removing the pizza sauce and covering your crust with olive oil and cheese: it will taste great with eggplant, artichokes, broccoli, carrots and more. Experiment until you find the right options for you.
  - Don't like greens on your pizza? Make a side salad to make sure you get some veggies with your dairy and carbs.

Source: Broward County Public Schools Wellness

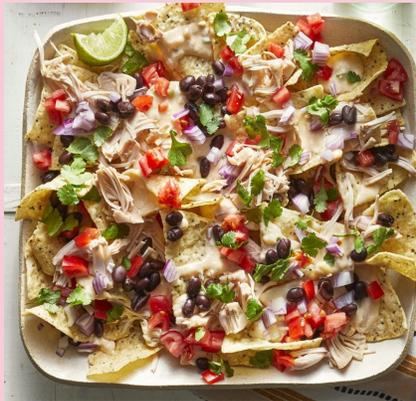
The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



# HEALTHY EATS

## Jackfruit Nachos

Serve these vegetarian nachos at your next party, and watch them disappear. All the classic nacho flavors are here—black beans, Mexican cheese, spicy jalapeño—plus jackfruit, a super-meaty tropical fruit that serves as a filling but meat-free topping for these easy nachos.



### Ingredients

1 teaspoon olive oil  
 2 tablespoons minced jalapeño  
 1 cup finely chopped red onion, divided  
 1 teaspoon all-purpose flour  
 1 teaspoon ground cumin  
 1 cup whole milk  
 ½ cup water  
 1 ounce part-skim mozzarella cheese, shredded (about ¼ cup)  
 1 ounce shredded reduced-fat Mexican cheese blend (about ¼ cup)  
 5 ounces multigrain tortilla chips  
 1 (20 ounce) can green jackfruit in brine, rinsed and shredded  
 1 cup unsalted canned black beans, rinsed  
 1 cup chopped plum tomatoes  
 ¼ cup loosely packed cilantro leaves  
 1 lime, quartered

**Preparation:** 15 minutes **Ready In:** 15 minutes

Heat oil in a large skillet over medium-high heat. Add jalapeño and ½ cup onion; cook, stirring often, until tender, about 4 minutes.

Add flour and cumin; cook, stirring often, for 1 minute. Add milk and water; bring to a boil, whisking often. Reduce heat to medium and gradually stir in mozzarella and Mexican cheese blend; cook, whisking constantly, until the cheese is completely melted, about 2 minutes. Remove from heat, cover and keep warm.

Arrange chips in an even layer on a large rimmed baking sheet lined with foil. Top with jackfruit and the cheese sauce. Sprinkle evenly with beans, tomatoes and the remaining ½ cup onion. Top with cilantro. Serve with lime wedges.

Source: Eating Well



## Grilled Chicken Thighs with Pineapple, Corn, and Bell Pepper Relish

### Ingredients

- Cooking Spray
- 1tsp garlic powder and cumin
- 3/4tsp salt, divided
- 1/4tsp black pepper
- 2 cups cubed fresh pineapple
- 1/2cup fresh corn kernels
- 1/3cup chopped red bell pepper
- 1/4cup think sliced fresh basil
- 3Tbs chopped red onion
- 1Tbs cider vinegar
- 1tsp sugar
- 8 boneless chicken thighs

### How to Make

- Heat grill pan over medium-high heat; lightly coat with cooking spray
- Combine garlic powder, cumin, 1/2tsp salt, and pepper in a small bowl; sprinkle over chicken
- Add chicken to pan and cook 10 minutes on each side or until done
- Meanwhile, combine remaining salt, pineapple, and remaining ingredients in a bowl
- Serve relish over chicken

Source: My Recipes, USDA's MyPlate approved



Bell Pepper	Fava Beans	Onions	Sweet Corn
Blueberry	Fennel	Orange	Tangerine
Broccoli	Grapefruit	Papaya	Tomatillos
Cabbage	Green Beans	Peanut	Tomatoes
Cantaloupe	Guava	Potatoes	Watermelon
Carambola (starfruit)	Kale	Radish	Zucchini
Carrots	Leeks	Scallions	
Cauliflower	Lettuce	Snap Pea	
Celery	Mandarins	Spinach	
Chard	Melons	Squash	
Cucumber	Mushroom	Strawberry	



# Mindfulness: Reducing Screen Time



It is easy to become overwhelmed when you are constantly plugged into the outside world. With emails, texts, Facebook messages, Instagram posts and the rest of the internet, there is always something new to check out. Unfortunately, smart phones, and the distractions that come with them, are here to stay. It is important to remember that ultimately, you control how much digital media you let in your life.

Imagine you're trying to have a serious conversation with a co-worker, but every time you get to an important statement you hear a "ping!" and your co-worker goes to check their phone. Not only do you have to restart your statement, but you know that you don't have your co-worker's full attention. With all of the ways teams can communicate in (and out of) the office, there's a lot of pressure to stay connected all of the time. There are, however, plenty of reasons why it's good to disconnect. Not just to support your mental health and well-being, but also so you can be more productive and help yourself at work. Try leaving your phone behind or at your desk the next time you attend a group meeting (whether work, social, or family) and watch how you'll focus more on the person speaking than the near-constant phone buzz. Focusing more and being mindful will make you an active participant in your meetings.

With a little effort and a lot of willpower, you can reduce your dependency on your phone. Here are a couple of techniques that can help:

- **Out of sight, Out of mind:** Working on a deadline or need to focus on a project? Silence your phone and keep it out of sight until you decide to take a break. If you're worried about something important, set an alarm and briefly check your phone for notifications every 30-45 minutes.
- **Set some rules and log off for real:** Unless you must be available for a specific emergency or important event, it is okay to step away from your phone and focus on the here and now, especially during family time. You can try eliminating screen time: 2 hours before bedtime; when spending time with friends and family such as date night, and for specific blocks of time during the weekend.

Source: Inner Drive and Broward County Public School Wellness

## 6 Reasons to Put Your Phone Away

by @Inner\_Drive  
www.innerdrive.co.uk



### Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.



### Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



### Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



### Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



### Reduces Memory

Instant messages are distracting, which often leads to forgetfulness.



### Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.



i am happy  
& filled with  
energy.

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